



*Avoid*

Smoking cigarettes, a cigar, pipe or chewing tobacco  
Drinking Alcohol  
Stress in your life

*Be*

More active on a daily basis  
Exercise 15 to 30 minutes each day  
Set your goal for a healthy weight

*Choose*

A healthy diet of fruits, vegetables, chicken and fish  
To eat less fatty foods  
To take all medication prescribed by your healthcare provider  
To control your blood pressure and cholesterol

## ABC's of Preventing Heart Disease and a Heart Attack

This information is for educational purposes. It is not intended to replace medical advice from your healthcare provider.  
Please consult your healthcare provider for advice about a specific medical condition



Cabinet for Health and Family Services  
KyHealth Choices  
Medical Management and Quality Assurance  
275 E. Main Street, 6C-C  
Frankfort, Kentucky 40621

# Your Heart Matters to US

## February is American Heart Month

Heart Disease continues to be the #1 cause of death in America. The best way to decrease deaths from heart disease is by following the ABC's.

Preventing heart disease is our mission.